Playing Volleyball - SETTING/OVERHAND PASS

http://www.Volleyball.ORG

**SURE THINGS**

Start in the ready position facing the target.

Spread fingers in the shape of the ball above the head.

Form a triangle with thumbs and pointer fingers (hands should not be touching)

Place hands directly in front of the face close to the forehead. This position is called NEUTRAL and is always the starting position for the set.

On contact, set by extending the arms and legs.

**HICCUPS**

Contacting the ball with the palms of the hands.

Facing where the ball is coming from.

SETTING/OVERHAND PASS

TEACHING KEYWORDS

HANDS UP EARLY SHAPED LIKE THE BALL

Wait for ball with hands 4 to 6 inches above forehead.

Thumbs and index fingers form a triangle through which you can see ball (triangular window).

Rest of hands form the shape of a ball.

ONE AND FREEZE

The correct contact point is just above the forehead (hairline).

When contacting the ball, the hands move in one direction only.

Freeze with arms fully extended in the direction you want the ball to go. (Hands are the same distance apart upon completion as they were during contact.)

Hands follow the ball.

FOREHEAD AND HIPS

The correct body position is with the ball, forehead, and hips in a vertical line.

FACE THE TARGET

With your right foot forward, square off to target with shoulders and feet before you deliver set

Face your sweet spot (for outside sets - the point on the left sideline that is 3 feet from the center line) for all of your sets

**LONG DISTANCE SETS**

With your right foot forward and knees bent, place weight on the back foot (left) and at contact, transfer weight to the front foot (right).